

**Richland One School District  
August 2021 C.A.C.F.P. Menu**

Week One	8/18/2021		8/19/2021		8/20/2021					
			Crustless Sunbutter and Jelly Sandwich 33g	Chicken Tender Salad 31g : 3 oz. Chicken Tenders	Turkey and Cheese on Wrap 25g					
			Optional: Assorted Chips	1 C Garden Salad, 2 oz. grape tomatoes, 2 slices cucumbers	Optional: Assorted Chips					
			1/2 C Tropical Trio Veg 15g	2 pks WGR Croutons	1/2 C Fresh Carrots 9g					
		1 ea. Assorted Fresh Fruit	1 ea. Assorted Fresh Fruit	1 ea. Assorted Fresh Fruit						
Week Two	8/23/2021		8/24/2021		8/25/2021		8/26/2021		8/27/2021	
	Turkey and Cheese Wedge Sandwich 25g		Chicken Fajita Wrap 25g		Chicken Salad on hoagie roll 41g		Chef Salad 12g: 1 oz Turkey Ham & 1 oz Cheese, 1/2 Boiled egg		1 ea. Turkey Ham and Cheese Sub 40g	
	Optional: Assorted Chips		Optional: Assorted Chips		Optional: Assorted Chips		1 C Garden Salad, 2 oz. grape tomatoes, 2 slices cucumbers		Optional: Assorted Chips	
	1/2 C Fresh Broccoli 8g		1/2 C Fresh Grape Tomatoes 8g		1/2 C Tropical Trio Veg 15g		2 pks WGR Croutons		1/2 C Fresh Carrots 9g	
	1 ea. Assorted Fresh Fruit		1 ea. Assorted Fresh Fruit		1 ea. Assorted Fresh Fruit		1 ea. Assorted Fresh Fruit		1 ea. Assorted Fresh Fruit	
Week Three	8/30/2021		8/31/2021		9/1/2021		9/2/2021		9/3/2021	
	Turkey Ham and Cheese Wrap 25g		Cold Cut Sub 40g: 1 oz. Turkey Ham, 1 oz. Turkey, 2 Slices		Turkey Ham and Cheese Anytimers		Chicken Salad 16g: : 4 oz. Chicken Salad, 1 oz. RF		Turkey Ham and Cheese on Wedge 30g	
	Optional: Assorted Chips		Optional: Assorted Chips		Optional: Assorted Chips		1 C Garden Salad, 2 oz. grape tomatoes, 2 slices cucumbers		Optional: Assorted Chips	
	1/2 C Fresh Broccoli 8g		1/2 C Fresh Grape Tomatoes 8g		1/2 C Tropical Trio Veg 15g		2 pks WGR Croutons		1/2 C Fresh Carrots 9g	
1 ea. Assorted Fresh Fruit		1 ea. Assorted Fresh Fruit		1 ea. Assorted Fresh Fruit		1 ea. Assorted Fresh Fruit		1 ea. Assorted Fresh Fruit		

Revised 8/3/2021

Garden Salad:

Iceburg, Spinach, Shredded Carrots, Tomatoes



**WATER AVAILABLE DAILY**



**Assorted Fresh Fruit 15g    Optional Assorted Chips**  
**Apples, Bananas, Oranges** WGR Cheetos 16g, WGR Sun Chips 19g  
 RF Doritos 20g

8oz Milk Offered Daily Carb Count: \_\_\_\_\_

FF Chocolate: 24g; 1% Low Fat: 13g    FF Vanilla: 23g;    Skim Milk: 13g

**\*THIS INSTITUTION IS AN EQUAL OPPORTUNITY PROVIDER**

**Richland One School District  
May 2021 C.A.C.F.P. Menu**